



# Buddha Gate Monastery

2023 June – November

IN PERSON

## Zen Meditation & Buddhism Classes

|         | CLASSES       | DATE & TIME |             |           | SCHEDULE   | PREREQUISITES                           |
|---------|---------------|-------------|-------------|-----------|--|---|
| Morning | Level III (A) | Tue         | 10 am -12pm | 6/6-11/7  | <ul style="list-style-type: none"> <li>Chanting &lt;Heart Sutra&gt; (10 mins)</li> <li>Sitting Meditation (30 mins)</li> <li>Walking Meditation (10 mins)</li> <li>Break (10 mins)</li> <li>Dharma Lecture (55 mins)</li> <li>Dedication of Merits (5 mins)</li> </ul> | Prerequisite:<br>Level II               |
|         | Level I       | Fri         | 10 am -12pm | 6/9-11/10 |  | All Levels Welcome<br>(no prerequisite) |
| Evening | Level III (A) | Mon         | 7 – 9 pm    | 6/5-11/6  |  | Prerequisite:<br>Level II               |
|         | Level I       | Thu         | 7 – 9 pm    | 6/8-11/9  |  | All Levels Welcome<br>(no prerequisite) |

### One Incense

One Hour Guided Meditation

|  |  |
|--|--|
| Friday Evenings<br>7: 00 pm – 8: 10 pm   | 6/2 - 11/10  |
| Sunday Mornings<br>10:00 am – 11:10 am   | 6/4, 6/11, 8/6, 8/20, 9/17, 9/24   |
| <ul style="list-style-type: none"> <li>Chanting &lt;Heart Sutra&gt; (10 mins)</li> <li>Sitting Meditation (30 mins)</li> <li>Walking Meditation (10 mins)</li> <li>Dedication of Merits (10 mins)</li> </ul> | <p><b>Register Online</b><br/> <a href="https://buddhagate.org">https://buddhagate.org</a></p> <p>All Levels Welcome</p> |

### General Guidelines

- All students should maintain a healthy lifestyle with sound body and mind.
- To maintain the purity of the monastery, all solicitation and business related activities are prohibited.
- All Dharma events and classes are free of charge. We are supported by the generous free will donations.
- Those who finish the course will be awarded a certificate and be qualified for the next level.

### Dress Code

- Comfortable and modest attire (long sleeves and long pants). **Socks are required.**
- Optional meditation clothing may be obtained at the monastery



# Buddha Gate Monastery Class Curriculum

2023 May – 2024 June

| LEVEL 1   | LEVEL 2  | LEVEL 3  |   |   |
|---|--|--|---|---|
| <p><b><u>MEDITATION:</u></b><br/>Mindfulness / Meditation Techniques</p>  | <p><b><u>MEDITATION:</u></b><br/>Mindfulness / Compassion Contemplation</p>  | <p><b><u>MEDITATION:</u></b><br/>Mindfulness / Middle Way Reality</p>                          |   |   |
| <p><b><u>DHARMA LECTURE TOPICS:</u></b></p> <p>Mindfulness &amp; Fundamentals</p> <ul style="list-style-type: none"> <li>▪ Mindfulness &amp; Meditation</li> <li>▪ Karma and Causality</li> <li>▪ The Buddha</li> <li>▪ Three Jewels / Three Refuges</li> <li>▪ Four Tenets of Chung Tai</li> <li>▪ Five Precepts &amp; Ten Wholesome Deeds</li> <li>▪ Vegetarianism &amp; Buddhism</li> <li>▪ Four Noble Truths (Sufferings, Causes of Sufferings, Nirvana, Noble Eightfold Path)</li> </ul> | <p><b><u>DHARMA LECTURE TOPICS:</u></b></p> <p>Compassion &amp; Bodhisattva Practices</p> <ul style="list-style-type: none"> <li>▪ The Bodhisattva Ideal</li> <li>▪ Compassion Contemplation</li> <li>▪ Six Paramitas (Charity, Moral Conduct, Tolerance, Diligence, Meditation, Wisdom)</li> <li>▪ Introduction to Mahayana</li> <li>▪ Four Immeasurable Minds</li> <li>▪ Four Ways of Fellowship</li> <li>▪ Four Foundations of Mindfulness</li> <li>▪ Samatabhadra’s Ten Practices</li> </ul> | <p><b><u>DHARMA LECTURE TOPICS:</u></b></p> <p>Middle Way Reality &amp; Mind Ground Dharma</p> |   |   |
|   |  | (A)  | <ul style="list-style-type: none"> <li>▪ The Essence of Mahayana (10 weeks)</li> <li>▪ Dependent Arising &amp; 12 Links of Interdependence</li> <li>▪ Karma, Emptiness &amp; Middle Way</li> <li>▪ Self, No-Self &amp; Middle Way</li> <li>▪ Introduction to Chan Patriarchs</li> </ul> |   |
|   |  |  | (B)   | <ul style="list-style-type: none"> <li>▪ Sutra of the Eight Realizations of Great Beings (10 weeks)</li> <li>▪ Introduction to Buddhist Schools</li> <li>▪ Types of Dhyana Practices</li> <li>▪ Gradual Cultivation &amp; Sudden Enlightenment</li> <li>▪ Sixfold Buddhahood</li> </ul> |
| 20 Classes   All Levels   | 20 Classes   Prerequisite: Level 1   | 40 Classes   Prerequisite: Level 2   |   |   |
| 2023 June– 2023 November  | 2024 January – 2024 June   | 2023 June - 2024 June  |   |   |